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The Iowa Homemaker vol.33, no.7

Betty Holder
Iowa State College

Doris Jirsa
Iowa State College

Dorothy Will
Iowa State College

Jane Hammerly
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The Iowa Homemaker vol.33, no.7

Authors

Betty Holder, Doris Jirsa, Dorothy Will, Jane Hammerly, Gwen Olson, Len Green, Mary Jean Stoddard, Ruth Anderson, Joanne Ryals, and Jane Montgomery

The Iowa Homemaker

FEBRUARY, 1954

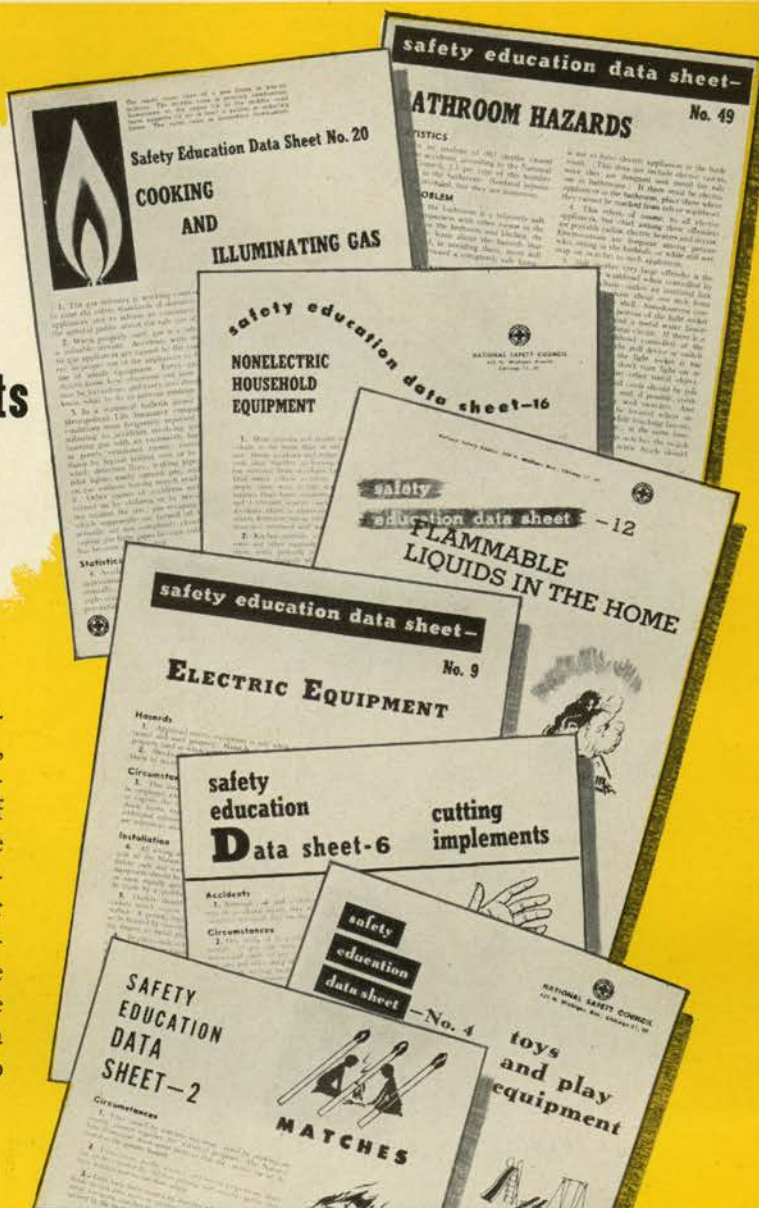


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A review of activity in home economics at Iowa State College

The Iowa Homemaker

FEBRUARY, 1954

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women's angle



Happy Valentine Day to all our *Homemaker* readers. Chuck Kingsley's cover pictures two puppies ready to deliver our Valentine to you. Read Betty Holder's story on page 5, giving you the history of that old custom of giving Valentines.

Our feature this month is the 2-page center spread on the Good Design Show being held in Chicago this June. This fifth showing will again feature the latest in modern household items.

Already we're thinking about spring fashions. Trends, on page 18, tells you what shoes you'll be seeing in the stores this spring. Newcomers to last year's fashions, like the Spanish heel, are tops in fashion this year.

The *Homemaker* Training Course is in full swing now. Previously planned to be four meetings, the course was condensed to three on account of Matrix Day, February 6th, sponsored by Theta Sigma Phi, the women's journalism honorary.

Training course members, don't forget the deadline for stories and applications is Wednesday, February 17th, at the Homemaker Office, Press Building.

The staff



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Gounkers

It's An Old Custom

by Betty Holder

Technical Journalism Sophomore

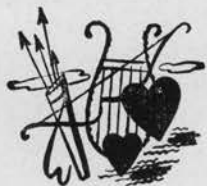
THE VALENTINE you find in your mailbox may say anything or nothing. Things were different about 200 years ago when these cards were limited to lovers and restricted in message to three familiar but never scorned words, "I love you."

A magic "me to you" appeal of the only strictly personal holiday in the year is the reason for its popularity. Authors set typewriter keys flying to compose thousands of variations of "Be My Valentine." Prices geared to all purses range from 1 cent to \$100.

Only half of the \$17,500,000 spent annually for Valentine cards have Cupid in mind. These frankly state their intent with endearing sentiments. The rest go to personal or business friends and provide an opportunity for practical jokers to attack their colleagues with poor poetry.

The recent swing toward noncommittal Valentines can be explained by the changing customs of senders. Sentiment is now diluted and spread more widely. Surveys report if you send any Valentines at all, you usually send four. One goes to a sweetheart, one to parents and two to friends.

During World War II, the government recognized Valentine popularity by issuing V-mail styles that brought Cupid via microfilm.



You can believe the legend of the origin of Valentines which suits your imagination, for they are many.

A widely accepted explanation is that the first Valentines were chances drawn in a lottery as part of an ancient pagan Roman festival. Young men would pin to their togas the love missives fashioned by the women. This gave them the privilege during the coming year to court the designer of the Valentine.

St. Valentine's connection with the holiday is rather hazy because records show there have been eight saints named Valentine. Two of them were martyred the same day—February 14, 269 A.D. One St. Valentine was a Roman priest and physician who suffered martyrdom for refusing to renounce Christianity. Legends say he left a farewell message in prison for the blind daughter of his jailer and signed it "From your Valentine."

With the Romans the Valentine custom came to England. Here the celebration was changed to reveal its match-making skill. English children used the holiday as a begging day. They went from house to house giving good wishes and receiving food.



During the 1840's Valentine-making reached the highest point of perfection ever attained before or since. The basic material was paper lace of utmost delicacy and fineness of design, often supplemented with real lace or net, with backgrounds and inserts of finest silks, satins, chiffons, occasionally even gold or silver. Decorative flowers were sometimes built up bit by bit from minute pieces of colored paper or silks.

The popularity of these masterpieces proved to be their undoing. Lesser craftsmen began to apply mass production methods and the designs lost their fineness and ran riot with lush detail.

By the twentieth century the debasement of the exquisite Valentine was complete. From Germany came the pull-out type that presented its message in three dimensions. These mechanical greetings appeared in many shapes ranging from battleships to picnics in the park.

Today Valentines are available for every degree of feeling and intent ranging from the distant "I wish we could meet more often," to the obvious, "I'm going to quit looking, I know I like your cooking."

Authentic old-fashioned lacy Valentines are still on the market. If you prefer these, Valentine collectors will build a custom-made creation from old materials acquired over a period of years and inscribe a verse you select from old volumes of verses. These start at a dollar and go up rapidly.

The old sighs of true love have become rare. The tender sentiment has been replaced by the comic verse. In 1820 it was said this way:

"I for acceptance send this line,
Endors'd it shall be, my divine;
Hereby you'll promise that you'll pay
A loving kiss on Valentine's Day."

Compare this sentiment with the verses on your Valentines.

She Emphasizes Good Fun

by Doris Jirsa

Technical Journalism Sophomore

WE POINT to Dr. Germaine Guiot for her "Living and Growing" work, the Iowa State physical education program for women.

When Dr. Guiot 13 years ago formed the foundation of the present women's athletic program, emphasis was placed on good fun. She planned a program to develop skills for personal and group enjoyment, for today and tomorrow. She in no way wanted to stimulate imitating men and their activities but rather wanted to encourage a wholesome development through sports or rhythmic activities without losing femininity.

Feminine, Yes

This, then, is Dr. Guiot; feminine, yes; a personality with positive enthusiasm for women's sports activities.

Dr. Guiot, who was voted a fellowship by the American Association of Health, Physical Education and Recreation for her distinguished service to her profession, still fondly looks to the past. A petite woman with softly-curled gray hair, she recalls the days when, as a fascinated girl, she was truly an outsider of the sports world, poking her nose through the tennis court fence, watching enviously those fortunate enough to play.

With this beginning interest in tennis, she began to build on dreams and discovered in her first formal physical education classes a broad new field open before her. Her zeal and vivacity, inspiring in itself, reflects the joy she has found in her work.

She received her teaching diploma and went on to get a masters degree at the University of Michigan and her doctorate degree in physical education at New York University. She was tapped by Mor-

tar Board, as an honorary member, in 1953.

Since her appointment as head of the Iowa State physical education department for women, Dr. Guiot has watched the department expand to carry out a four-point program. This includes required credit classes, outside recreation groups, the minor in physical education and the intramural program.

Last year about 1,800 women participated in 12 intramural tournaments representing women's residences on campus. For the women interested in particular phases of the intramural program, WAA clubs (Women's Athletic Association) have been organized. Among them are Naiads, Rackets, Camp Counselors and Officials Club with a total membership of 500 women.

To accompany the growing student program, Dr. Guiot administers an increasing number of activities which extend beyond the regular program. Over 9,000 persons use the gymnasium for these services. Splash parties are often scheduled for co-recreational swimming.

Dr. Guiot was chosen for Mortar Board in 1953.



Dr. Guiot reports the enrollment in the physical education minor is increasing. She particularly encourages students to consider public school instruction. Women with a minor in this field take 23 credit hours of physical education, assist in conducting classes and often practice teach in the Ames public schools.

To relieve a near "splitting at the seams" condition, Dr. Guiot hopes for an addition to the present gymnasium. She is planning for a recreation room with a fireplace and facilities for co-educational programs and a special section designed for handicrafts. A second floor would house a sports room.

New Golf Course

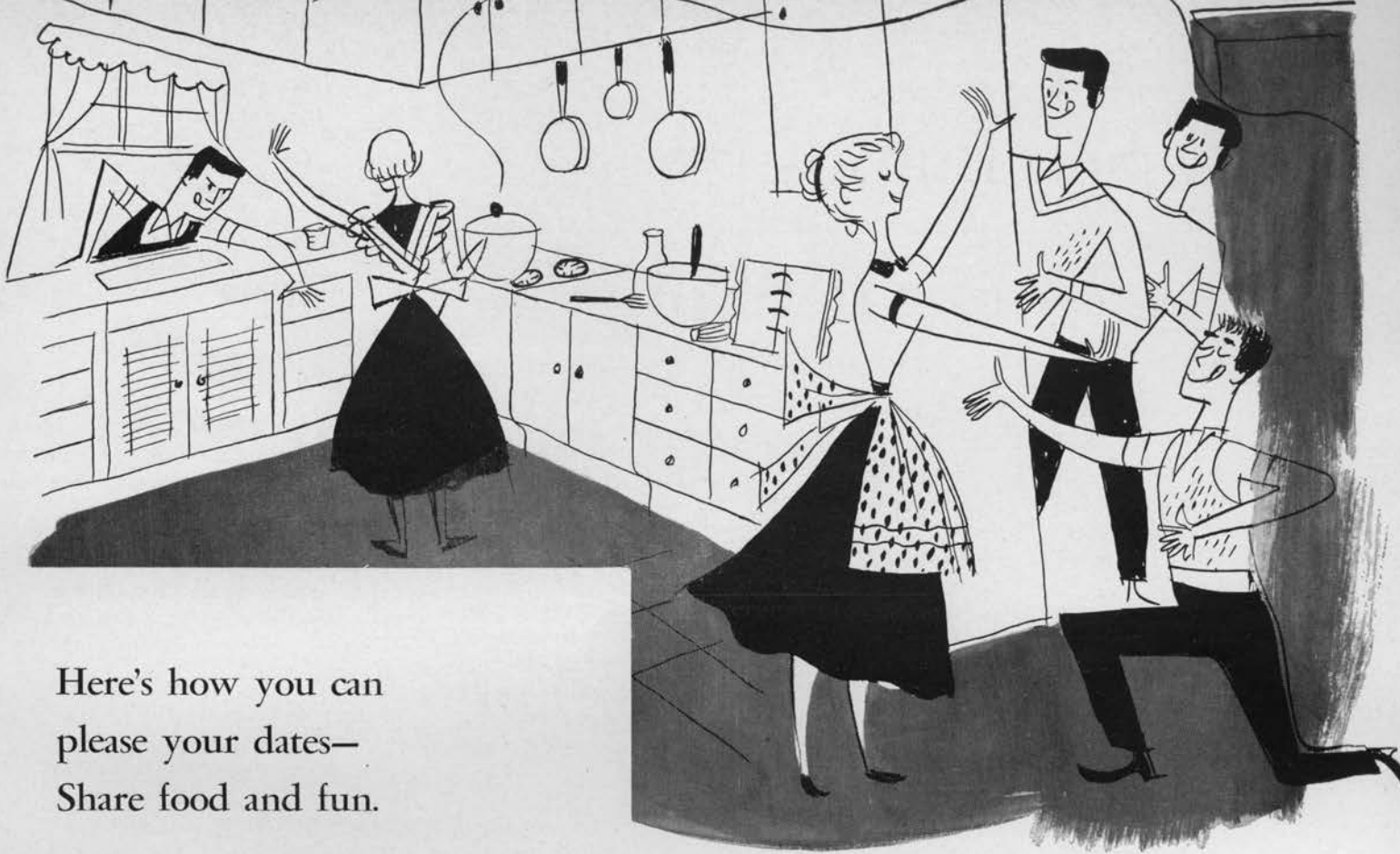
Blueprints have been drawn up for construction of a 4-hole beginners golf course on part of the 14-acre play field east of the building.

As set up, the guiding objective of the physical education program is "to help the individual meet her physiological needs by instructing the college woman in activities which she can play and use in later life; not only for herself but in comradeship."

Keeping this in view, Dr. Guiot explains that "emphasis is placed on acquiring fair to good skill, gaining a knowledge of basic strategy and developing an intelligent appreciation and a useful vocabulary for a variety of recreational areas. Superior performance is not an ultimate goal."

The future plans which Dr. Guiot devises for the physical education program must meet the modern demands brought about by more leisure time, the widening scope of socially accepted recreational activities such as bowling and billiards, and the 45.2 per cent increase in the last decade of persons living to be over 75 years of age. Sedentary activities in addition to individual and team sports are becoming new and very important areas for instruction.

To carry out the full program, Dr. Guiot can be proud to admit "Iowa State College has available one of the best equipped and well-rounded athletic departments for women in our country."



Here's how you can
please your dates—
Share food and fun.

Celebrate, Plan a Buffet

by Dorothy Will

Technical Journalism Junior

BE QUEEN OF HEARTS, bake some tarts, and you and your friends will have found a special way to celebrate St. Valentine's Day. As queens, you can serve your dates an informal buffet supper and demonstrate your hostess and homemaking ability.

Sharing food and fun will make this "hearty" celebration especially popular with the boys, and sharing the work will mean that every hostess has a good time, too.

Your first problem in planning this party here at college will be to find a home in which to entertain. One way is to include as a hostess someone who lives nearby; then, if she's willing, you can plan to have your buffet in her home.

With this settled, your group is ready for a big planning session to discuss everything from your dates' arrival to the menu, games and entertainment. Give everyone a job. You'll need someone in charge of each of these—shopping, cooking, decorating and making the centerpiece, planning the games, serving and cleaning up.

Let your dates capture the Valentine spirit the minute they arrive. They will if they walk into the room and see many, many hearts—big hearts, little hearts, broken hearts and mended hearts. While the cooks are busy in the kitchen with last minute preparations, their dates can write Valentines.

Give each guest an envelope containing a sheet of

paper which is blank except for the name of a famous lover written in the top right-hand corner. The players pretend that they are the famous lovers whose names they receive, and each one writes a Valentine letter to his mate. Samson writes Delilah in Biblical terms; John Alden to Priscilla in Puritanical style; Romeo to Juliet in warm, poetic language and Popeye to Olive Oyle in comic strip "lingo."

For best results, distribute the envelopes to the individual who can write each Valentine best. Then before dinner, while everyone relaxes with a cold tomato juice cocktail and nibbles from a snack tray, deliver the Valentines to the "lady loves" so they can read them aloud.

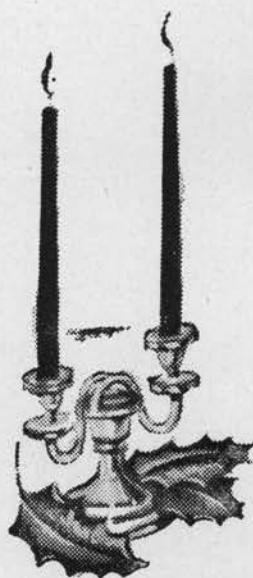
Now your guests will be ready to eat. It's best to set up card tables so that people won't have to juggle their plates and try to eat at the same time. Since you'll only be entertaining a small group, you might like to set each small table with linen, silver and glassware for additional convenience. A relish plate for each table would be nice, too.

Keep the serving table centerpiece simple, but use your imagination. Although your dates will appreciate the decoration, they'll be primarily looking for plenty of good food. In choosing your buffet menu, select foods easily eaten with a fork since a few of your guests may not be sitting at tables. A good hot main dish, a

(Continued on page 17)

Candle - Making

*a craftsman's art
that can be yours*



by Jane Hammerly

Technical Journalism Junior

The hand-dipped candles were used by Martin Luther on his Christmas tree. They represented the stars shining through the evergreens in the forest on Christmas Eve. This was the beginning of the Christmas trees and the electric Christmas tree lights we use now—and wouldn't be without during the holiday season.

Hand-dipped candles are made from broken or partially burned candles and braided candle wicking or string. You also need a can in which to dip your wick. The can size is determined by the length of candle you desire. An access to a source of heat such as a hot plate or stove is also necessary.

Dipped Candles

First you fill the can with water to within 4 inches of the top. Then place the can of water over the heat and add enough old candles to form about 3 inches of melted wax on the surface of the water. If you want to change the color, or add to it, add crayon or oil coloring to the melted wax and stir it in. The next step is to cut a piece of the candlewick 6 inches longer than the length of candle you want. This you tie over your finger when dipping your candle. It's also used to put over a nail when suspending the candle to cool.

Now you can begin the actual dipping. After each dipping hang the wick loop over a nail to cool. This is repeated until your candle reaches the proper size. The average candle takes 25 to 30 dippings. If the wax coating is very thin, the wax is too hot; thick uneven coating results when wax is too cool. If you want a mottled effect, you use the wax when it is cool so it goes on unevenly.

CANDLES TRADITIONALLY have been more than a source of light. They are the product of an age-old craft now becoming popular again.

We think of candles as synonymous with Christmas, but they were in general use even before Christmas was originated. Candles were used at the time of the Saturnalia to light the young pine tree which sprang up as the Thunder Oak fell. Candles were used for many symbolic purposes after Christ's birth, when the mid-winter became a time of celebration.

Popular Craft

Through the years candles have been in demand for their practical, inexpensive and creative beauty. They have been made principally by craftsmen trained in the art. Lately it has become a popular craft, and many people have made candles for their tables and windows which would rival the ancient craftsman's work.

The kind of candles you make is up to you. This craft offers unlimited possibilities for creation of something exclusively yours. Candles made in the home can be either hand-dipped or molded, and it's within these two main types you have your chance to create.

Your molded candles are the ones which are going to be the most fun to make at home this vacation, for they really challenge the imagination. In the actual mechanics of making molded candles you use either pure paraffin wax (sold in 10-pound cakes for about \$2) or old candles. It is melted either in a double boiler or in a shortening can set in a pan of hot water. Then you add color, the same as in the hand-dipped candles. If the color does not completely dissolve, you can pour the melted wax over a double thickness of cheesecloth in a tea strainer to separate the color particles from the melted wax. Now you pour the melted wax into the chosen mold and insert the wick or wick candle. The wick may be inserted before or after the candle hardens. Cool your candles overnight, then remove from the mold. Removing the candle is done easiest by setting the mold in the refrigerator for a few minutes, then gently rapping the sides and bottom of the mold. Your candle will slip right out.

Molded Candles

There are many, many varieties of molds and trims for your shaped candles. The following are but a few:

1. Round candle — use pint or quart ice cream carton.
2. Square candle — use pint or quart milk carton.
3. Short and stubby — use frozen fruit juice can.
4. Fat candles — use coffee can or cereal box.
5. Snow — whip when the wax shows signs of congealing around the edges, then pile on the candle.
6. Heart candles — use a heart-shaped jello mold with scalloped or fluted edge.

Valentine Candles

To especially decorate for Valentine's Day you can trim a Valentine heart with little red cinnamon hearts stuck in the foamy wax exterior. It can also be inset with a red valentine doily decoration and sprinkled with red sugar.

But whether you use your candles for light or decorations, you'll find them easy, fun and practical to make. This year you can become a craftsman skilled in the ancient and traditional art of candle-making.



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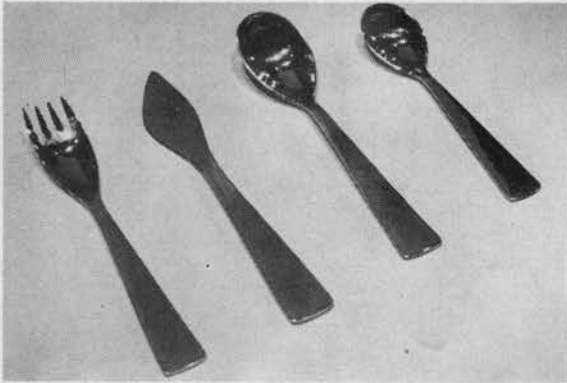
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The Good Design Show Selects—

Blue Ribbon



Stainless steel flatware, designed by Gio Ponti, in the new abbreviated place setting with only four pieces.

ILLUMINATED MODERN OBJECTS mounted on virtually invisible backgrounds formed the setting of the latest Good Design Show in Chicago. This unusual method of display matched the unique household items that the Museum of Modern Art selected for the biannual show in the Merchandise Mart.

The exhibit features the latest trends in modern home furnishings and wares, such as a new abbreviated silver place setting with only four pieces. Gio Ponti designed the set with a dinner knife, fork, teaspoon and soup spoon.

Also, a new paper fabric was displayed on the tops of small upholstered and padded tables, giving the appearance of a bed of mushroom plants. The plastic-coated paper is sufficiently durable for furniture coverings and is called a fir fiber.

Purpose of Exposition

The Good Design Show was originated in 1950 by the Merchandise Mart and the Museum of Modern Art. The purpose of the exposition is to stimulate the appreciation and creation of the best designs among manufacturers, designers and retailers. This is accomplished by the recognition Good Design gives to outstanding furniture, textiles, lighting fixtures, floor and wall coverings, tablewares, kitchen and cleaning wares and decorative accessories.

Buyers look to the show as a guide in purchasing good salable merchandise. Also retailers and housewives can look for the Good Design labels as a distinguishing mark when they buy. A shower head that regulates the water force and gives an even spray was selected by the judging committee for the show. The manufacturers of the shower head can now purchase labels for their product to emphasize its recognized superior design qualities.

The 1954 Good Design Show in June will be a collection of design and will mark the exhibit's fifth anniversary. At that time the display pieces will be identified to show, through sales records, whether or not the public agreed with the judges of Good Design pieces.

Judging

The judging committee is permanently headed by Edgar Kaufman, Jr., from the Museum of Modern Art, who is a director of the Good Design Show. The two members of the committee chosen each year are a businessman actively interested in modern art or design and a designer, craftsman or teacher. These three base their display selections on eye appeal, function, construction and price, with emphasis on the first. A smooth pipe-framed chair, covered with a seamless nylon tube, was one rhythmic and attractive piece chosen. The black wrought-iron frame was shown in a previous show, but the large stocking-like cover in varied hues is new.

A floor lamp and two table lamps made of metal and paper, designed in Japan. Three freely carved wooden bowls are shown with the lamps.



Designs

by *Gwen Olson*

Technical Journalism Sophomore

Any item may be entered in the Good Design Show if it is not related to the past, if it can be purchased in the United States and if it has not appeared in a previous show. Although the pieces are supposed to be modern, there are two distinct trends this year.

The first is the formal, modern trend which stresses the classic, clear-cut shapes, precise details, smooth surfaces, definite colors and black and white. This trend can be seen in one of the exhibit's pieces of furniture. It is a coffee table made of a white marble slab supported by shining brass pipelegs. The simple plastic dinner ware with its smooth, shining surface, designed by Russell Wright, also reflects the classic.

The second trend is the informal modern which has softer lines, flows from one shape to another and makes use of rough homespun textures and muted natural tones. Pottery, stoneware, cane chairs and woven textured rugs are all items in the show that follow this feeling. The current national survey of handicraft indicates the importance of the trend towards native arts.

Isolated Trends

Some isolated trends can be seen in the work of individual artists and specific items. George Nelson created a storage unit which consists of a metal frame and drawers. When a drawer is opened, it reveals the contents of the drawer below. Mr. Kaufman, director of the Good Design Show, said, "This unit marks a step in logical storage cabinet design."

The bold wallpaper patterns displayed are designed to enhance the lines of the wall rather than to create an illusion. This is a slightly new slant on wall coverings.

Perforated wrought iron is an easy material to use. However, dipping a molded shape of the metal into plastic gives the object a new use—that of a diffusing bowl for a lamp.

Oriental Influences

There were oriental influences in household accessories presented by Good Design. Enameling on both sides of a copper ash tray was a new feature, and Chinese red appeared in an unusually pleasing intensity.

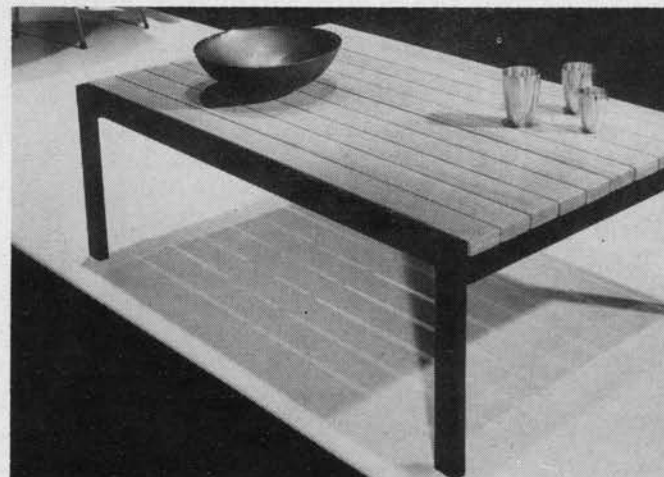
Japanese lanterns were supported on stands of various heights to form floor and table lamps. The cheap labor used for the round lantern shades made the lamps available at comparatively low prices. Bamboo curtains also tended to add foreign intrigue.

Thus the Good Design Show, in its dramatic setting, revealed the latest modernistic household items. An art museum and a wholesale merchandising center have now collaborated to focus the attention of the nation's buyers and buying public on good design in the home.



A dining chair with steel frame and spun nylon cover. The cover comes in varied hues, the frame has a black wrought-iron finish.

A gunmetal-glazed pottery bowl and pewter tumblers are displayed on a redwood slat-top table with iron tube frame.





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Here's an

FOR THE SUNDAY NIGHT DATE with your Valentine, seasonalize the gay felt skirt in your wardrobe with a stylized arrow and heart pocket of black felt. Team it with a black sweater or wool blouse, and you're set for the holiday.

Jean Redman, H. Ec. Fr.

For an old slipover sweater that doesn't fit any more, you can cut it up the middle, turn back the edges and sew on imported ribbon. The result is a "little-boy" sweater-jacket.

Arlene Steffen, A.A. Jr.

Are you a mitten looser? Remember they weren't meant to be disposed of after every wearing. The solution is to crochet a yarn string for them. Attach the string to the mittens and put it through your sleeves. If you think this is childish, just look at your blouses — little boy blouses. Besides, the string is better than cold hands.

Janice Klopping, H. Ec. So.

This year when you shop for dress material, look in the upholstery department. Some of those flowered designs make wonderful sheath dresses and full skirts.

Nonie Titus, A.A. Jr.

If after washing, your sweater is not the size you want, steam block it with your steam iron. You can change the length of the sleeves 1 to 2 inches just by steaming.

Mary K. Hogan, H. Ec. Jr.

THE IOWA HOMEMAKER

The North Wind doth blow and out come those winter coats. If you don't have a wooden hanger for yours, tape two or three wire hangers together with adhesive tape.

Shirley Scheider, T. & C. So.

What to do with those party favors and knickknacks you have scattered around the room? Buy some scraps of 1-inch by 4-inch boards and drill holes in the corners. Run heavy rope through the holes, knotting it just below each board. You have a perfect set of shelves which are easy to fold up for storage or packing. These shelves can be made for corners, too, by cutting the boards triangularly.

Mary Friedrichs, A.A. Jr.

Idea!

by Rachel Bernau, Margaret Mattison

Home Economics Juniors

New lampshades for old. It is easy to cover your lampshade with wall paper or material. First you make a pattern by rolling the lamp shade on a paper and drawing along the edge. You can put a spot of nail polish on the shade so you will know when you have gone around. Then allow one-half inch for the overlapping. Try your test pattern on the lamp and hold it in place with the spring type clothes pins. If you are going to cover the shade with wall paper, it must be pasted to a piece of heavy white paper for added strength. Glue the seam and place a weight on it until it dries. Decorate the shade with braid, ball fringe, ruffles or eyelet embroidery.

Elsa Schmidt, H. Ec. Jr.

A smart babysitter who takes care of school-age children might take along a kit of materials for making Valentines. Making a Valentine for Mother with the red, white and black paper and doilies you bring will keep the children busy and happy until bedtime. They might find pictures in magazines to use on these special Valentines, too.

Marian Hess, C.D. Jr.

It's nice to remember Mom on the day of hearts and arrows. What could be nicer than a party apron you've made yourself. Applique on black organdie background a tall slim cocktail glass out of organdie eyelet. Sequins and hearts add a festive look to an unusual apron cut from pirate pink felt.

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Laugh at Yourself!

by Len Green

Technical Journalism Senior

GO AHEAD. Laugh at yourself. So you are standing the doorway looking like the "Wreck of the Hesperus" while your best beau stares on in amazement. It's embarrassing, sure, but you'll live through it. At times like these nothing comes in handier than a gay laugh and an appropo' comment about how lovely you're looking this evening.

A sense of humor is guaranteed to get you out of almost any situation, besides leaving your friends thinking you are a pretty good gal after all. It's not hard to cultivate one, and once you can look at the funny side of things, life becomes so much more interesting.

From now on, your standard equipment to be used in securing this delightful characteristic is an ever-ready grin and a bag full of witty comments. Oh, don't worry about the witty comment part of it. It's not a second Bob Hope that you're striving to be, although humor like that certainly helps. You may have to work at it for awhile, but anyone is capable of developing a good sense of humor.

A word of caution should be stressed at this point. Like all good things, even a sense of humor can be overdone and carried too far. Be careful that in your desire to be witty you don't include poisonous sarcasm. Now sarcasm goes hand in hand with wittiness to be

Let your sense of humor help you out of embarrassing moments.



sure, but there are various degrees to which it can be used. You're attempting to be cleverly funny, not to hurt or distort a situation so as to bring harm.

Also remember that there is a time and place for humor. You may earn the reputation of being simple instead of witty if you burst out laughing in the middle of a serious speech and make some weird comment. And along with that, don't overdo your wittiness to an extent that you become a bore to your friends. A little humor is very refreshing, but an excess quantity of it can become quite a burden.

No Muss, No Fuss

A sense of humor is used most often in dealing with an embarrassing situation. A friend of mine proved this point when she pulled herself out of a ridiculous situation at an informal dinner party. She jabbed her fork into the tired piece of meat she was cutting, only to stick it completely through the paper plate that held her dinner. The contents of the plate promptly began oozing onto the floor. Her only comment before she ran for a mop was, "Emily Post would write another chapter in her book if she could see me now!" Everyone laughed and the episode was quickly forgotten.

Let's see just what's to be done about this business of obtaining a sense of humor. How do you pull a smile out of a hat when the situation looks pretty hopeless? Well, that's something which is partly natural and partly learned. The natural part is the fact that it's much easier to smile than frown. Most lips naturally curve up, so why not curve them up a little more and make a smile out of them. Train yourself to smile; do it often, and before you know it, it will be practically a reflex action.

Use Your Imagination

You're probably wondering if you'll have to subscribe to all the latest joke books to think of something funny to say when a situation arises. Witty expressions are largely the figment of the imagination in association with what has just happened.

Take the instance of two couples on a double date who had just finished eating at the corner drugstore. When the time came to split the cost of the check, one of the boys discovered he had no money. To save face in front of his date, he murmured, "Well, Joe, the truth comes out. My father's relief check didn't come through, so could I owe you for my share of the bill?" Joe was amused, the girls laughed with the embarrassed chap instead of at him, and the incident was a closed one.

Association to the situation had been used. The young man had related his financial embarrassment with being on relief (a situation which is often joked about.)

The third objective regarding a sense of humor is to be "quick on the draw." Set that old gray matter of yours to a little fast thinking when an embarrassing situation is taking place. Then at that momentary lull, when nobody seems to be able to think of anything to say, put in your prize comment of the evening. To train yourself to do this, think through past experiences and figure out what you could have said that would have helped relieve the tension which embarrassment brought. Or for awhile, until you get to be quick enough at witty comments, try to see how you can devise an appropriate statement when an embarrassing situation takes place. Do this to yourself until you gain enough confidence to make a debut—then surprise your friends with your sense of humor.

Rules Say "Smile"

Now you're all set. You have the rules, so put a smile on your face and go out and try them. You'll have plenty of opportunity to test your new acclaimed skill because life is full of embarrassing situations.

Remember, the next time you step on your date's foot by mistake during a dance don't tense up or stammer around for an apology. Laughingly comment, "Another of Murray's latest dance steps, you know." You're bound to get a grin in return instead of an annoyed glance.



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Recipe for Perfume

by Mary Jean Stoddard

Applied Art Sophomore

PERFUME that fits your personality is yours for the making. It's potpourri, a fragrant mixture of rose petals and spices that can be mixed by you, to be like you. Keep it in a pretty jar on your dresser, and open it often to sweeten your room and invite comments. Or make a potpourri to give as a gift when you're looking for something really new and different.

The basic recipe calls for 10 cups of rose petals. They're easy to collect if you solicit the aid of your friends. They'll be glad to give you their corsages and bouquets instead of throwing them away. Dry each bunch of petals you collect, and store them in a box in a dry place until you have enough.

Add to your 10 cups of petals one-half ounce of ground cloves, cinnamon and allspice and 3 ounces of orris root for a fixative.

From here on, you're on your own to make this potpourri personally yours. Sniffing periodically, add any combination of:

- dried mignonette
- jasmine
- rosebuds
- scented geranium leaves
- rosemary
- marjoram
- bay
- violet
- sandalwood sachet
- floral cologne
- any fragrant flowers and foliage

Remember to keep the rose smell dominant.

When you find a combination that suits you, enclose the mixture in an attractive, well-stoppered jar. The next time you raise the lid, your room will be filled with an aroma that is your creation.

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Small Talk

by

Ruth Anderson

*Technical Journalism
Senior*

SNOW ON THE GROUND brings to mind hilarious sport on Union Hill. One mis-step and the chain reaction starts. Wonder what's the record of students swept off their feet in one plunge. . . . Another weather tip—when you're trudging to class and convinced you'll freeze on the way, remember that the weathermen say winters are getting milder!

Enameled copper jewelry seems to have been Santa's favorite gift this last holiday. Noticed some experiments being done with this sort of thing in craft classes, too. . . . More home economic points of interest—the attractive display cases near the first floor east and west drinking fountains. Eye-catching and informative—congratulations to their organizers!

Wonder if it's a new trend in reading interests expressed by such a large crowd attending the science fiction review at Books and Cokes last quarter. . . . If you're interested in a new reading experience, try the book entitled *The Man Who Sold the Moon* by Heinlein.

Have you discovered the unique French fashion magazines in the library? They feature design and fabric news. You can actually feel the fabrics from the REAL samples attached in each issue! . . . You can now replace your own worn-down leather heels without going to a cobbler. Look for the British produced kits.

They'll need more comfortable chairs in movie houses if customers have to swivel their necks to scan the new Panorama screens—another typical American invention going bigger, Bigger, BIGGER. . . . Talking about size, just how much bigger can cakes in magazine ads become? They're already so real looking, you reach for a plate and fork.

Another women's swipe from men—pocket protectors switched to a purse protector for powder puff. Will the males have anything they call all their own? . . . By actual count on a Friday night at the Union Grill door, 26 out of 50 gals were wearing little-boy shirts. Most of them with collar pins.

If the new year brings realization of added holiday pounds, scan through Watt's new book entitled *First Book of Ballet*. Has some terrific ideas for exercises with added graceful qualities included.

Translate That Menu

by Joanne Ryals

Textiles and Clothing Junior

AN INVITATION TO DINNER—and not at someone's home this time, but at a plushy restaurant! And with a date! It is every woman's dream to be able to face the menu like a woman of the world. Here's how to banish bewilderment with savoir-faire.

Let's straighten out the two types of menus. You'll be presented with a table d'hôte or a la carte menu, or both, or a variation of one or the other.

More than often is the case that the restaurant serves table d'hôte menus as well as a la carte. Whatever the case choose table d'hôte. Big exception is if you aren't hungry enough to eat a full meal and the bill would be smaller with an a la carte item or two.

Table d'hôte

This translates from French to American as "table of the host" and means that a complete or almost complete meal is offered at a set price.

After you have chosen an appetizer (if included in the price of the entree) and the main dish, select the vegetables—which are often a choice of two or one cooked plus a salad. Sometimes the salad is a separate course and a choice is offered.

You may order a beverage with your main course, or, more commonly, with dessert. Again you order dessert separately at the end of the main course. Maybe by now the honey dew melon sounds better than the fluffy meringue pastry.

A La Carte

In simple words this means according to the card. Be careful when ordering a la carte, and don't get carried away with the separate items and their separate prices. Just remember that a la carte servings are much larger than on the table d'hôte listings. On the other hand, don't order eclairs and coffee with an air of martyrdom when he's invited you out for dinner. So always play safe by deciding on just a few dishes—an entree, dessert and beverage; or soup, salad, dessert and beverage; or entree, salad and beverage.

If your host has had lots of experience in "dining out," he may mention some particular dish or food that happens to be famous at this particular restaurant. You may agree or sweetly veto his suggestion and order something else. To do this ordering correctly, you give your a la carte order to your host who relays the message to the waiter. Don't worry about the fact that the waiter probably heard you the first time!



Plan a Buffet

(Continued from page 7)

vegetable, salad or relishes, bread, dessert and beverage are the basis of your plans. Here's a menu to start you thinking:

Club Chicken Casserole
Cranberry-jelly Hearts
Buttered Peas and Mushrooms
Relish Tray Poppy-seed Rolls
Strawberry Shortcake
Coffee

Your choice of dessert depends upon your method of serving it. You may have it on the table with the rest of the food, serve the dessert individually after the main course or have everyone return to the serving table after the main course has been cleared. For after-dinner munching, serve nuts and candy hearts.

A few games will add to the fun. For the "Honeymoon Race" couples compete against the clock. The girls are given red crepe paper neckties and the men red and white aprons and two large cardboard hearts.

When the signal is given, the girl ties her necktie windsor fashion around his neck and he ties the apron around her waist. When both are dressed for their honeymoon, the gentleman escorts his bride to the other end of the room, but to save her dainty feet, he moves the heart ahead one at a time and the girl steps on them. At the finish line, the bride removes her husband's tie, and the groom the girl's apron.

Almost any game, from relays to charades, can be given a Valentine's twist. Probably you'll want to do some dancing, too.

Make careful plans and everyone, especially each hostess, will have a good time. For best results, why not keep the informal buffet a surprise from your dates? They'll be sure to be pleased with this special evening.

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your heels and toes for Spring—



TRENDS

by Jane Montgomery

Home Economics Sophomore



SHOE FASHIONS are on the move this spring. We'll be baring our heels and toes by wearing new frivolous sandals, although closed heel and toe pumps will still be prominent.

Perhaps the newest trend is the open shoe which will make its appearance this spring. Toes will be wide open, some being asymmetric. These open shoes will feature high, slim heels. Designs include the de tailed halter sling and the "T" strap sandal.

Spring fashions call for the new narrow shoe silhouette. Here's why. You'll be wearing suits and dresses with higher, wider focal points. The bulk and width will be above the waistline, and the skirts will be narrow and slim. In order for shoes to complete the picture, the broader toe shapes are being replaced by the new narrow look.

The broad Spanish tread and the narrow, but rounded, Spanish toe are of high fashion importance since they follow apparel trends. Predictions indicate that these shoes will be widely accepted.

The Spanish toe dates back to the fourteenth and fifteenth centuries. At this time, the men of Spain adopted from France long pointed toes on their boots and shoes. Women's shoes resembled the men's, but were daintier and more delicately made. Quite often they were adorned with embroidery and gold braid.

Because of today's somewhat briefer skirt trends, style calls for an occasional ornamented toe. The trimmed opera pump is expected to be a spring leader. Delicate piping and stitching, underlay and overlay will prevail.

Big bows will be revived, too. They'll be perched on pointed Spanish toes or spread like butterfly wings over the entire vamp of a wide open sandal.

The comfortable medium French-heeled pump is becoming increasingly popular with all ages. This year's medium heel will be slightly higher.

The French-heeled shoe with its narrow tapering heel originated during the pre-revolution days in France. The newest version of this heel is the slim looking stacked heel which is made by using layers of leather.

Bows, slightly higher heels, new leathers, and sandals — that's your heel-toe fashion picture. These shoes are designed not only to suit the forecasted dress silhouette, but the slim dainty features are designed to suit you, too.

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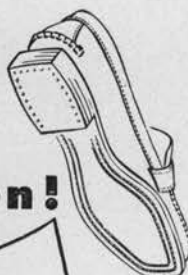
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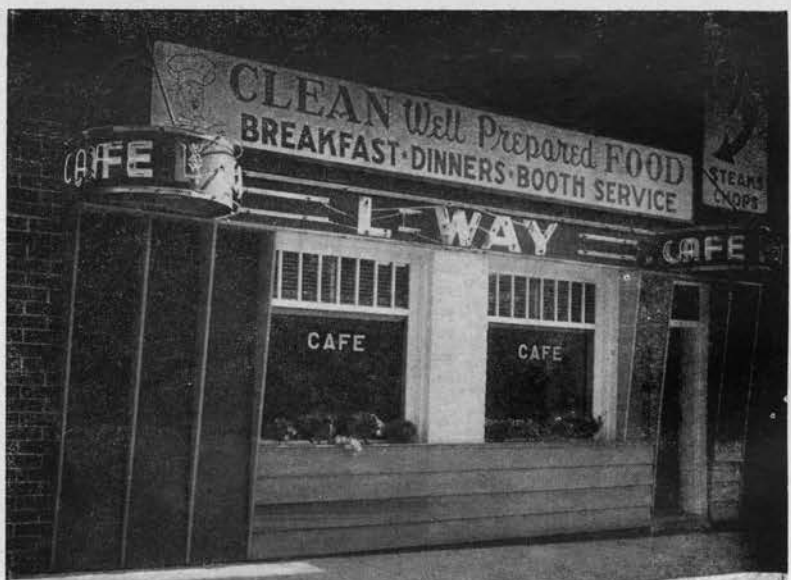
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